

MUSIC JIAOJIN'S HIP-POP FROM
THE HUTONGS **P.3**

TRAVEL ANCIENT POST HOUSES
AROUND THE CAPITAL **P.5**

FOOD CARVING, STEWING, BRAISING,
STEAMING, OH MY! **P.8**

今日北京

BEIJING TODAY

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EASTERN MUSES

PAINTER XIONG SHI FINDS LIMITLESS INSPIRATION IN
THE FEMALE CHARACTERS DEPICTED IN ONE OF
CHINA'S MOST FAMOUS BOOKS. **P.4**



北京青年报
BEIJING YOUTH DAILY

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ENTERTAINMENT

Jane Zhang's Marriage Proposal Courageous or Commanding?

BY DIAO DIAO

It wasn't always the case that the contestants on TV shows rocketed to fame and popularity. Jane Zhang, who placed third on the 2005 Super Girl competition, took an entire decade before she was famous enough to fill a stadium.

In 2005, Zhang was recognized as much for her dolphin-like voice as her choice to only sing in English.

According to show rules, Super Girl's 10 finalists were all signed to recording contracts with the show's sponsoring music company. Zhang spent two years fighting her way free of the limiting contract and became the only contestant to successfully sign with another company.

Zhang's career began to take off after her 2009 appearance on the Oprah Winfrey Show. She snapped up the chance to sing theme songs for TV shows and films such as *Painted Skin* and *The Condor Heroes*, and this year recorded "Fighting Shadows," one of the theme songs of *Terminator Genisys*.

During a performance on July 4, Zhang shocked her audience and the Chinese media by pausing between songs to ask Feng Ke, her boyfriend of 12 years, to marry her.

Most of the stories focused on Feng's reaction, or lack of reaction, to Zhang's calling him to the stage.

Viewers at the concert said Zhang waited for more than a minute before

Feng slowly rose and approached the stage. While most were expecting a heartfelt proposal, Feng only stood beside Zhang, thanked her fans for their support and announced what her next song would be.

The lack of a proposal or even an expression of love was a downer for fans.

Unsurprisingly, the proposal was being billed as an "accident" by the Chinese media within hours and celebrity sites ran stories with headlines like, "Jane Zhang Forces Boyfriend to Marry Her."

That may actually be an accurate reflection of how many netizens perceived the situation. But the topic kicked off a second discussion on the changing status of women in the Chinese society.

It's unlikely that Zhang's proposal would have drawn so much attention had their roles been reversed. Though the position of women is rising, the Chinese society still views women as homebodies even when they outperform male peers in both education and career development.

The recent popular reality show "Dad Where Are We Going?" played on old stereotypes to ask how bungling Chinese fathers could manage to raise a child without mom's help.

Many netizens admired Zhang's courage. Feng wrote on his Weibo that he was a little embarrassed that Zhang beat him to proposing marriage. ■



Photo by CFP

Popular Teacher Reveals New Path to Time Management

BY WANG YAN

Motivational books can be tricky. Some are stirring and inspiring enough to change a person's life, but most end up as one big bowl of sappy chicken soup that no one wants to swallow.

New Oriental's "celebrity" English teacher Ali's new book *A Year's 8,760 Hours in Your Life* lands somewhere in between. Born in Xinjiang, Ali belongs to the Uygur minority group. In 2007, he was admitted to Peking University to study computer science. But Ali soon realized he was more interested in English and public speaking than math and computers.

After changing his major, Ali took a part-time job at New Oriental during his second year in university. His excellent communication skills made him one of the school's most popular teachers. Participating in several national English contests spread Ali's name beyond the English

training school and put him in the position to publish his first book.

A Year's 8,760 Hours in Your Life is divided into seven chapters, and like most motivation books each chapter is given a very "inspiring" title. However, the seven chapters are loosely connected. Instead of constructing a systematic map of how to manage one's time and stay motivated, the seven chapters read more like a collection of informal essays, starting with motivation quotes and ending with the same.

Although the structure is not the most refined, the author is open about his personal experiences. For a Uygur, living and working in Beijing is not easy – especially after the spate of terrorists attack in Xinjiang and around China.

"When they (landlords) saw my ID card and found out that I'm a Uygur from Xinjiang, most of them would tell me to come



back in three days. At that time I really thought they wanted me back in three days, but after few more times I realized 'three days' meant never," he writes.

It took five rejections before Ali finally found a place to stay.

Staying positive and fighting your way to success is a common theme in most motivational books. What distinguishes this book

from others is the author's minority identity as how to fight your way to the top when you are born with a social disadvantage.

However, for numerous reasons, the author did not touch substantially upon this subject.

Most of the chapters are dedicated to time management. By dividing a person's time into small sections, Ali developed a time-management method he calls the "34 coins time system." Every half an hour counts as one coin, and there are 34 coins per day if one stays awake for 17 hours. By calculating how each coin is spent, a person can see clearly how productive he is for that day. Reviewers on Douban called the book motivational and inspiring - but noted its similar tone to the Chicken Soup series. Readers will have to decide whether a book by a celebrity English teacher is really worth a "coin" of their life's time. ■

MUSIC



Beijing Style Rap: Jiaojin Band

BY DIAO DIAO

Indie rock circles are never short on interesting bands. While most bands fall into the heavy metal, R&B and core music camps, the capital has a couple noteworthy hip-pop artists.

Jiaojin Band is one of the most popular Beijing-style hip-pop groups, founded by locals Tian Qing and Bai Jia.

When Tian returned from overseas in 2012, he and Bai met Liang Xunshun and Xu Bohan, the current drummer and guitarist. The four worked together on their first song, "Welcome to Beijing."

When Tian graduated a year later, the four old friends went to eat at an old Beijing restaurant near Xuanwu-men. That was the day Jiaojin was born.

Later that same year, Wu Yue and Wu Dan, the composer and the keyboardist joined up.

The band started heading in the direction of rock until a few NBA half-time performances turned them on to the world of hip-pop.

The name of the band came from Tian and Bai's stubborn personality. The two revised many of their songs more than 10 times before recording them.

"We kept catching tiny mistakes or hesitations, so the recording process became a battle with our own patience," Tian said.

"Actually I think everyone should compete with themselves. That's what makes us unique from others and what makes people stand out," Bai said.

There are also other reasons that Jiaojin is picky about their musical style.

The direct and straightforward lyrics of hip-pop make it easier for artists to convey their feelings and easier for listeners to understand, Tian said. "When audiences understand the meaning as well as the rhythm, they start to move their body unconsciously," Tian said.

"Street culture in America became popular because it's unbounded. In Beijing, the hutongs are the unique kinds of streets where we grew up. We are looking back to the old lanes to discover the essence of culture," Tian said.

Tian said he is confident his band's hip-pop may one day overtake the originator because most of the world is interested in learning Chinese and Peking Opera.

"As Beijingers, we also have a better understanding of our culture and there is more we can put into our lyrics," Tian said. "For example, the old daye and dama who sit in the hutong and play chess and chat are a key image of this city. To describe two people who were friends since childhood, we say faxiao'er."

Such local words are common in Jiaojin's songs.

Jiaojin's most famous songs include "Model Couple," describing a newly married young couple leading a poor

but relaxed life, and "Forever Xuanwu," a famous tribute to Xuanwu District.

"The song took only one night to complete and it remains one of our most popular song till now. It was written when Xuanwu District merged into Xicheng. People liked it because it was related to their life and feelings," Tian said.

Although Jiaojin never lacks ideas for Beijing-style hip-pop songs, they still worry about the band's future.

Chinese audiences tend to listen to certain kinds of music and are reluctant to try new music styles, Tian said. China also has a poor environment for supporting indie singers.

Now in their 30s, most of the members work day jobs to support the band's costs. They are recording a new song titled "Rap n Roll" to introduce hip-pop to more Chinese listeners. ■



Photos by Jiaojin Band

LIVE SHOW ROUNDUP

Beijing boasts one of the world's most vibrant indie music scenes. Support our local artists with a trip to one of this week's live performances!

Wang Fanrui @ Mao Live House

Wang Fanrui is a freestyle singer from Xi'an province. Wang experienced some hard times in the past but kept it to himself. He stopped performing in 2009 and only returned to attention this year with the Sing My Song competition. He is currently on a national tour.

⌚ 8:30-11:30 pm, August 1

📍 111 Gulou Dong Dajie, Dongcheng

💎 60 yuan (pre sale), 80 yuan (at door)

Joe & CC @ Mako Live

Zhu Jiaming and Wang Chengcheng decided to partner up in 2013 as Joe & CC. Zhu is a young guitarist, composer and producer, and Wang graduated from Beijing Film Academy. This year they released *You Are Always Here*, their first original album. The national tour begins in Beijing.

⌚ 8:30-11:30 pm, August 1

📍 36 Guangqu Lu, Chaoyang

💎 60 yuan (pre sale), 80 yuan (at door)

Wishing Gene @ Lanxi Bar

Wishing Gene was founded in 2005. The band's first rehearsal was at Peking University Health Science Center and their first show was at Beijing Jiaotong University. Wishing Gene has more than 20 songs. Their well-prepared shows and mature thought have attracted quite a following.

⌚ 9-11 pm, August 1

📍 183 Jiugulou Dajie, Xicheng

💎 Free



Gajin Band @ Jianghu Bar

Gajin Band is having its Smile China National Tour. Their music is just like the band's name, strange but easy to understand. Their freestyle vocal skills, jumping rhythm and vivid descriptions of hutong life are popular with locals. They are touring to promote *What What What?!*, their 2015 album release.

⌚ 9:30-11:30 pm, August 1

📍 7 Dongmianhua Hutong, Dongcheng

💎 40 yuan (pre sale), 50 yuan (at door)

ARTISTS

Sentimental Eastern Females

BY SHU PENGQIAN



The Artist
Xiong Shi



Beautiful Face -
Xiaoxiao



Falling Flowers



Fleeting Time No.1

Dream of the Red Chamber, one of China's Four Great Classical Novels, has exerted an incredible influence on popular culture almost from the day it was published.

Penned by Cao Xueqin in the Qing Dynasty, the novel is one of the few single books in history that has spawned its own academic field.

For the painter Xiong Shi, Cao's vivid prose offers a bottomless well of female personalities to explore in his oil paintings.

"I love to add some poetic flavor to the traditional aesthetic," Xiong says. "Dream of the Red Chamber stirred me to explore the 'Eastern Female' as my primary subject matter," he says.

Turning to popular stereotypes, Xiong likened Western women to having an ebullient and unrestrained temperament most akin to a raging sun, while Eastern women are demure and delicate like the moon.

His beautiful artwork almost makes such sweeping generalizations forgivable.

"Gentle, demure and petite are my personal criteria for beauty in Eastern females," Xiong says. "Of course, having an outgoing and sunny disposition is also a kind of beauty, but the former better suits my style of painting."

Xiong's women are painted together with Chinese classical elements such as wooden flutes and qipao dresses. The titles of each work are inspired by ancient poetry.

"Few Chinese would contest that their appreciation for traditional culture goes all the way down to their heart," he says. So rooted in his bone, the introduction of Chinese elements is more an unavoidable consequence than a conscious choice.

And yet Xiong's formal education was as a student of Western art at the Guangzhou Academy of Fine Arts.

His creations show hints of religious imagery. In *Invocation - Whisper*, a girl with a blue skirt is seen kneeling piously in a yard. In *Beautiful Face - Xiaoxiao*, a girl with long hair collects lotus flowers while behind her are two statues of the Buddha.

But Xiong's affinity for Buddhism is little more than casual.

"The function of religion cannot be neglected in art," Xiong says. Out of respect for and interest in religion, he analyzes secular matters from a Buddhist perspective.

Xiong has not ruled out the possibility of painting eastern females with Chinese brush techniques in the future. "I don't have a foundation in Chinese brush painting and would have to start from scratch," he says. "But going in such a challenging direction might be good for developing my oil painting technique."

Constant study and experimentation are essential for artistic success - but it's much easier if you have a good friend.

For Xiong, two people have been vital to his artistic career: one is his good friend Qiu Tao and the other is his college classmate Yang Bo.

Qiu was the one who persuaded him to study painting at a studio of Changsha, Hunan province. "We also formed a rock band, and that experience had an important effect in developing my artistic thought," Xiong says.

As for the other friend, Xiong says Yang led him to study at the Chinese Academy of Oil Painting with many of the country's top artists.

"The two matters are important turning points in my life. I am very grateful to have met Qiu and Yang," he says.

Today he is most preoccupied with the ongoing commercialization of Chinese art. Xiong says that forcing artists to engage in their own marketing and sales meddles with the creative process and creates a disorder in roles.

He has been unwilling to adapt his style to current fashions - even with the promise of more money.

"If one day I have to give up painting, it may be because I can't keep the art pure any longer," he says. ■



Lonely Beauty



Girl Plays the Flute in the Snow



Invocation - Whisper



Fleeting Time No.2

artand.cn/pwu6jm

A TRAVEL

Ancient Post Houses Around the City

BY WANG LINGXIAO

In the ancient past, post houses were stopovers that offered accommodation to officers and messengers who were relaying official documents or military intelligence.

For 3,000 years, horses were the most common means of official transportation. But with limited energy, a network of way-points was essential to supply the animals with water and refreshments.

Few relics remain today, but you can reach several of the old post houses with relative ease from the city center.

Jiming Yi Post House

The Jiming Yi Post House is located 100 kilometers from downtown Beijing in Huailai County, Hebei province. It is the largest and most complete post house to have survived into the modern era.

The post house was founded more than 700 years ago during the Yuan Dynasty. In AD 1219, Genghis Khan led his army to conquer the west. On the way to the west region, he set up the post near Mt. Jimingshan.

In AD 1420, the Jiming Yi Post House was expanded to become the largest station connecting Xuanhuafu – modern day Zhangjiakou – to Beijing.

The old gray walls and mud brick homes bear witness to the rise and fall of dynasties. Administrative areas for mail, military and commerce, as well as many religious buildings are scattered throughout the fort.

The Hejia Courtyard is the most famous site in the post house. It's said that Empress Dowager Cixi and Emperor Guangxu of the Qing dynasty escaped and lived there when the Eight-Power Allied Forces invaded Beijing.

Recently, Jiming Yi has found new life as a popular location used by the film industry. CCTV and many famous film studios use it for their outdoor scenes.

Yulinbao Post House

Yulinbao is located in Yanqing County, Beijing. It is an old post house built during the Yuan Dynasty.

As a vital traffic fort and military base, Yulinbao contributed much to the prosperity of the surrounding area. Its beautiful scenery is frequently described in ancient poems. After the Yuan dynasty, "the afterglow of Yulin (elm forests)" became one of the famous eight sights of old Yanqing.

The original structure remains and many old exquisite houses can be seen.

As is the case with Jiming Yi, Yulinbao was a stop on the Empress Cixi's escape. Many agricultural instruments like the old millstones are scattered throughout the nearby village. Some are half-buried while others are used as stools by the old walls.

The whole fort is laid out to resemble the Chinese character "tu."

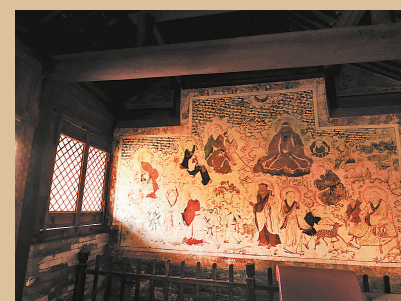
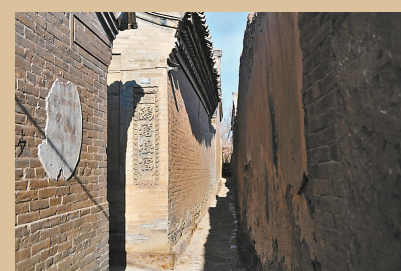
Luhe Yi Post House

The Luhe Yi Post House is located in an independent courtyard in Tongzhou District. The surrounding houses are all normal homes. No one is currently living in the courtyard, but it was previously rented by a silk merchant.

Luhe is the old name of Tongzhou. According to historical records, the Luhe Yi post house opened during the Ming Dynasty. During the reign of the Kangxi Emperor in the Qing Dynasty, Luhe Yi was relocated to the south side of the Xiaotaihou River and merged into Hehe Yi.

It is especially rare to find a post house used for both land and water transportation. The original doors, stables, halls and east-end rooms have been well preserved. ■

(Wang Lingxiao is an intern at Beijing Today.)



Jiming Yi Post House

- 📍 Jiming Yi Village, Huailai County, Zhangjiakou, Hebei
- 🚌 Take the train K257 or 4439 from Beijing South Railway Station to Shacheng (Huailai), then take the small bus from Shacheng Bus Station to Jiming Yi village.
- 🚗 Drive along Badaling Highway to Yanqing, turn onto national road G110 and turn left at the intersection for Mt. Jimingshan.

Yulinbao Post House

- 📍 Kangzhuang Town, Yanqing County, Beijing
- 🚌 Take the Bus 919 from Deshengmen to Yanqing County, and then transfer to Bus 808 to Yulinbao.
- 🚗 Drive along Badaling Highway. Exit from Badaling and continue along the road to the Xibozi junction, then turn left. The old wall is on the right side of the road near Kangzhuang Town.

Luhe Post House

- 📍 5 Zhao Dengyu Street, Tongzhou District, Beijing
- 🚗 Take the Subway Line 1 to Sihui and transfer to the Batong Line. Get off at Tongzhou Beiyuan and follow Exit A. Walk about 160 meters to the Tongzhou Beiyuan bus stop, then take Bus Tong 19 or Tong 12 to Dongguan.

ETCETERA

I Love Staying at Home

BY QU CHAONAN

Shén Me Gǔi

Shén Me Gǔi (什么鬼) is a popular phrase among young people. When they are surprised or curious about something, young people like to say this phrase, which is similar to "What the hell is this?" in English.



Yù Zhái

In Japanese, Yù Zhái (御宅) means "your highness." But the phrase now refers to people who enjoy staying at home and are addicted to their hobbies such as animation or computer games. Most people think Yù Zhái are hard to communicate with and understand. Maybe because Yù Zhái spend too much time in front of computers, their classic image includes a pair of glasses and casual clothes.

The word can also be used to describe professionals or people who are very interested in a specific area.

Mēn Sāo

Mēn Sāo (闷骚) first appeared in Hong Kong and Macao and was transliterated from "Man Show." Mēn Sāo do not want to reveal their feelings or thoughts. They have a cold appearance but are warm inside. They look reserved even though they always long for something. ■



Ask Beijing Today

"Ask Beijing Today" is our weekly column that attempts to make life in China less confusing.

You can email your own questions to ask@beijingtoday.com.cn.

Q. My girlfriend and I plan to get married in Beijing. Do you know if there is a Hindu priest for our wedding ceremony?

A. Congratulations! Have you asked your embassy? They will probably be your best bet for a contact. You may also ask at some of the older Indian restaurants like Ganges and Tadka, which offer catering services for

weddings and similar events. They might have the contact information for a priest with whom they have previous experience.

Q. I have a friend visiting for a few days and want to show him Chinese culture. Do you have any recommendations for a weekend trip outside Beijing?

A. Thanks to the new high-speed rails, there are many interesting sites within that reach. You can easily make it to Taiyuan, the capital of Shanxi province, and from it head to Pingyao, an old county with more than 2,700 years of history. It has many well-preserved buildings from the Ming and Qing dynasties

and great local cuisine.

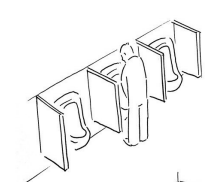
Q. This may seem absurd as I've not arrived yet, but I wonder how far in advance should I book my tickets back out of China? I'm looking to visit Australia around Christmas time.

A. Generally speaking, the earlier you book the cheaper. This is how the airline industry worldwide rolls so it applies to China as well. Keep in mind that the Chinese holidays can drive prices up by 50 percent. The website and app Momondo offers more options and better pricing for flights. ■

(Qu Chaonan is an intern at Beijing Today.)



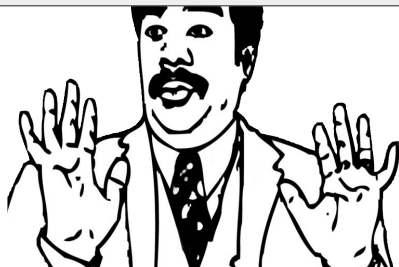
WEEKLY TANGO



Tango studies at Tsinghua University's Academy of Art and Design. For more comics, follow his Sina Weibo feed at [tangocartoon](https://weibo.com/tangocartoon).

THE BEIJING TODAY HUMOUR

Most people looking for answers today turn to the Internet instead of their friends. But the answers they find are often unexpected, ridiculous or even funny. We've rounded up nine questions posed by netizens that resulted in the most unexpectedly stupid answers.



Why do people say your first love is for first-hand practice?

"Being single is the time you use your hands the most."



Should I find a girlfriend who is pretty or one who is more considerate?

"When I was young I was confused about whether should I go to Peking University or Tsinghua University, but later on I realized I simply thought too much."

What Internet bias is the least tolerable?

"Forward this! Or you are not Chinese."

(Context: These messages are usually written by "patriotic" Chinese youth who rely on appeals to nationalism to spread garbage.)

Why do people take off their shirts in a street fight?

"If you took off your pants - it would be kind of weird."

Why doesn't anyone make nice-looking bras for girls with large breasts?

"Because no one will be looking at the bra."

What so most students returning from the US and Europe



What advantages does the Xiaomi 4 have over the iPhone 6+?

"I'll be less heartbroken when I lose it."

complain about?

"Compared to everyone who studied in Singapore - at least you can say you went abroad."

Baidu has so many flaws. Why do people still use it?

"To check if the Internet is connected."

(All Q&As come from Zhihu.)

Send your completed crossword within two weeks to get our next two issues mailed out for free!

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Last Week's Solution (No. 711)

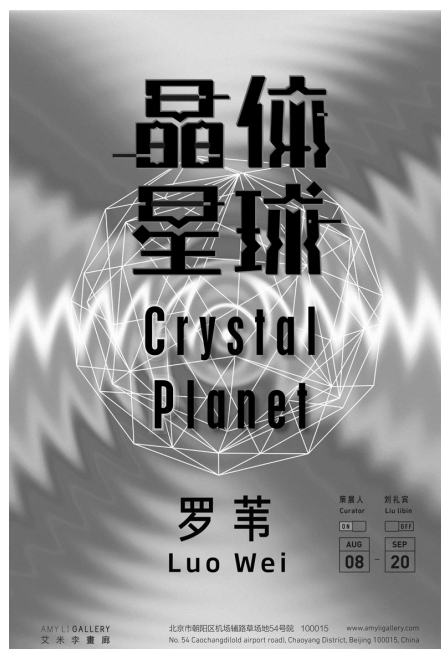
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Q CLASSIFIEDS

ART



Crystal Planet – Luo Wei Solo Exhibition

Luo Wei is opening Crystal Planet, a long-term solo project to simulate life. Luo's creation reconstructs physical phenomena using research into text, biology, ecology, architecture and history. The surreal result represents the birth, death and rebirth of a planet and the circular nature of life.

With new media technology, the virtual world goes beyond the geographic, cultural and political differences. "In the mature stage, the audience will be invited to participate in determining the structure of the planet. It's the formation of a pluralistic world for people to browse, transform and visit," Luo said.

⌚ 4 - 7 pm, August 8
 📍 Amy Li Gallery, 54, Caochangdi, Chaoyang
 🌐 amyligallery.com



Screening of Hiroshima Mon Amour

Hiroshima Mon Amour is a series of conversations over 36 hours between a French actress (Emmanuelle Riva), referred to as She, and a Japanese architect (Eiji Okada), referred to as He.

As the two prepare to separate, they debate memory and forgetfulness, comparing failed relationships with the bombing of Hiroshima and the perspectives of people inside and outside.

The early part of the film recounts, in the style of a documentary, the effects of the Hiroshima bomb on August 6, 1945. It focuses especially on the hair loss and unidentifiable remains.

Tickets must be collected from the reception area 30 minutes before the event begins. Late arrivals will not be admitted.

⌚ 2 - 3:40 pm, August 1
 📍 Ullens Center for Contemporary Art, 798 Dashanzi Art District, 4 Jiuxianqiao Lu, Chaoyang
 💎 20 yuan for adults
 10 yuan for UCCA members
 ☎ (010) 5780 0200
 ✉ visitor@ucca.org.cn
 🌐 ucca.org.cn

NIGHTLIFE



TRAP DON Presents: Conrank

After the great success of 3ASiC, the artist Conrank is beginning his China tour with a Beijing show in TRAP DON. Supporting artist Jason Hou (Do Hits) will brighten up the night of music.

Conrank is a renowned DJ and music producer, whose EP "Danger Rank" topped the Juno sales charts and whose EP "Exhale Therapy" featured the legendary DJ Shadow!

Having ripped up the stage and torn off the roof at clubs and festivals around the world, Conrank knows how to rock a crowd. As a producer, Conrank has worked with heavyweight artists and just produced an album for Universal Music Asia with superstar Sa DingDing.

With releases set for Trekkie Trax, SMOG Records, Saturate, Robox Neotech and Doggtown in the coming months plus a VIP session with DJ Shadow, expect more from this UK bass producer in 2015.

⌚ 10:30 pm - 4:30 am, August 1
 📍 Dada, Unit 101, Bldg B, 206 Gulou Dongdajie, Dongcheng (near Temple Bar)
 💎 50 yuan at door
 ☎ 18311080818

STAGE



Cameri Theatre Cyrano de Bergerac 2015 NCPA

International Theatre Season Cameri Theatre Cyrano de Bergerac is coming to the National Center for the Performing Arts as part of the 2015 NCPA International Theatre Season from August 13 to 15.

Cyrano, a cadet in the French army, is a man of many talents. In addition to being an outstanding duelist, he is also a gifted poet. But nature has "blessed" him with a very large nose, which is the reason for his self-doubt that prevents him from expressing his love for the beautiful Roxane. He writes her poems and love letters under the name of his comrade, the handsome Christian, thus winning her affection. Christian later realizes that it was not his good looks that won Roxane, but Cyrano's beautiful love letters. He urges his comrade to confess his love for her, but before he does so Christian is killed in battle. The grieving Roxane secludes herself in a convent and Cyrano keeps the truth locked in his heart.

Founded in 1945, the Cameri Theatre performs to an audience of 110,000 viewers and, in recent years, subscriptions have grown to 40,000.

⌚ 7:30 - 9:30 pm, August 13 - 15
 📍 National Centre for the Performing Arts, 2 Chang'an Jie, Xicheng
 💎 180 - 680 yuan
 ☎ (010) 6655 0000
 🌐 chncpa.org

MUSIC

Christian Berishaj, aka JMSN Live

Christian Berishaj, better known by his stage name JMSN (pronounced Jameson), is an Albanian-American singer-songwriter and record producer from Eastpointe, Michigan. Also a multi-instrumentalist, music engineer and mixer, JMSN's debut album *Priscilla*, was released in 2012. He wrote and produced the album by himself, as well as directed the music videos accompanying its release.

Berishaj was raised by his mother, Crystal Lutz. The two left the abusive relationship with Berishaj's stepfather and

had to rely on welfare. His biological father bought Berishaj a guitar when he was in fourth grade, and he started writing songs and recorded them on equipment his father bought.

⌚ 9 - 11 pm, August 7
 📍 Dusk Dawn Club, 14 Shanlao Hutong, Dongcheng
 💎 100 yuan (door)
 80 yuan (presale)
 ☎ (010) 6407 8969
 🌐 DuskDawnClub@gmail.com



Youth Choir Kamer: NCPA August Chorus Festival 2015

Youthful passion and refined vocal skills are the qualities that best define the youth choir Kamer. The choir was founded in 1990 by conductor Maris Sirmas (1969). Janis Liepins (1988) served as the conductor after 2006 and is currently the artistic director and principal conductor.

Since its foundation, the choir has won dozens of certificates and trophies in various choral competitions, and each award has brought it one step higher and closer to the musical ideals it strives to reach. These include a prize at the Marktoberdorf chamber choir competition in Germany in 1999, the European Grand Prix for Choral Singing in Gorizia, Italy in 2004, as well as three championship prizes and gold medals at the World Choir Olympics in Xianmen in 2006.

In recent years, Kamer has worked with programs commissioned for the choir to develop a unique repertoire and enhance the world's body of a capella choral music. Its biggest project to date is World Sun Songs (2008), which featured 17 new choral works by world-renowned composers. The songs premiered in Riga in July 2008, and were later performed at the World Symposium on Choral Music in Copenhagen. A natural step forward was the project Moon Songs in February 2012, for which Latvian composers wrote 10 new pieces. The choir has performed and toured in Germany, Poland, Lithuania, Hungary, Austria, Switzerland, France, Italy, Netherlands, Finland, Czech Republic, Denmark, Spain, Turkey, China, the US and Ireland.

Over the last 20 years, Kamer has achieved its special sound by cultivating its own signature performance style. The character and vocal quality its singers are of equal importance.

⌚ 7:30 - 9:30 pm, August 6
 📍 National Centre For The Performing Arts, 2 Chang'an Jie, Xicheng
 💎 80 - 280 yuan
 ☎ (010) 6655 0000
 🌐 en.damai.cn/event/tickets_85426/

FOODS



Photos by douguo.com



Dining on Clouds of Willow Blossoms: Huaiyang Cuisine

BY WANG YAN

In “Seeing Off Meng Haoran for Guanling at the Yellow Crane Tower,” poet Li Bai vividly describes the scenery of Yangzhou.

Yangzhou is located on the northern bank of the Yangtze River where it cut through Jiangsu province. It borders the provincial capital of Nanjing to the southwest and Huai'an to the north. The city's moderate climate and splendid geographic condition have made it one of the wealthiest cities in Chinese history.

Its subtropical monsoon climate also leaves the city with abundant produce such as rice, a variety of vegetables and many aquatic creatures.

Combined, these traits form a culinary heaven.

The cuisine of Yangzhou and the neighboring city of Huai'an is known as Huaiyang cuisine, one of the main sub-regional styles of Jiangsu cuisine. Huaiyang cooking is well-known in Chinese culinary circles, and it is considered one of the country's most

prestigious traditions along with Cantonese, Shandong and Sichuan cuisine.

What is today codified as Huaiyang cuisine took shape during the Ming and Qing dynasties, achieving national fame only in the last 250 years. Huaiyang cooking is known for demanding superb knife skills and heat control. Its precision makes it a popular choice for state banquets.

Like many other southern cuisines, the flavor of Huaiyang cuisine is light, fresh and sweet. Many of its dishes are presented in a delicate and elegant way. It stresses freshness, exquisite workmanship, elegant shape and rich culture traits.

Traditional Huaiyang cuisine features delicate carving techniques, of which the melon carving technique is especially well known. Typical cooking methods seen in Huaiyang cuisine include stewing, braising, steaming, quick-frying and wine sauce pickling. Stewing and steaming are the most used.

Pork, freshwater fish and other aquatic



Photo by mafengwoguo.com



Photo by gubasina.com



Photo by tikzfys.com



Photo by bbsqyer.com

creatures serve as the main meat ingredients in most dishes.

Savory breakfast choices such as crab soup dumplings, thousand-layered cake and steamed dumplings have also brought Huaiyang cuisine considerable fame.

Unlike the northern China's “brash” dining culture, Huaiyang cuisine tastes like a cloud of willow blossoms, to borrow a line from Li Bai. ■

Eat Like an Aristocrat at Huaiyang Fu

BY WANG YAN

From its exterior, Huaiyang Fu resembles a pagoda made of dark-gray bricks. Located on the west side of Ditan Park, Huaiyang Fu specializes in Huaiyang cuisine and court food.

“Fu” is traditionally used to refer to the luxury homes of aristocrats and officials. Decorations in Huaiyang Fu drag patrons into the imperial past and satisfy daydreams of life in the aristocracy.

The restaurant has more than 20 parlors, and each is given a literary name. The biggest parlor is named “Eight Eccentrics,” which refers to a group of eight painters known in the Qing dynasty for rejecting the orthodox ideas about painting in favor of a style deemed expressive and individualist.

Reviewers on Dianping.com praised the cultural meaning of the parlors' names, with many of them describing the restaurant as the perfect place for family gatherings.

Foodwise, the restaurant has also received good reviews. The traditional lion's head stew is a particularly popular order, and diners note the taste is authentic.

Others recommend the steamed fish, saying it was very fresh and free of bones.

If your weekly diet is filled with greasy meats, Huaiyang Fu's cuisine may be a clean and delicate chance to reboot your guts. ■



Photos by dianping.com

MAKE YOUR OWN WITH THIS RECIPE

Learn to Make Yangzhou Fried Rice

BY WANG YAN

Also known as Yang Chow fried rice, Yangzhou fried rice is an easy way to use up your leftovers. Folk legend claims the dish was created for General Yang Su of the Sui Dynasty, a known fan of the more common egg-fried rice. There are many styles of Yangzhou fried rice, but those with pork and vegetables are the best known.

Ingredients:

- 1 egg
- 150g pork
- 150g carrot
- 20g shelled shrimp
- 1 bowl of cooked rice
- green onion
- chicken bouillon
- salt



The Steps:

1. Peel and clean the carrot. Dice into 1cm cubes. Dice the pork.
2. Clean the green onion and chop it into small pieces.
3. Boil the green beans for 3-6 minutes over high heat until soft. Submerge in cold water to cool.

Photo by CFP

4. Boil shrimp for 1-2 minutes over high heat.
5. Crack the eggs in a bowl and whisk. Pour the eggs into a pan and stir-fry for 10 seconds until the eggs are done. Transfer the fried eggs to a bowl and cut it into rough chunks using your chopsticks.
6. Oil a wok and stir-fry the green onion, carrots, boiled green beans and shrimp for 1 minute. Add some salt and stir-fry for 10 seconds. Add the diced pork and stir-fry for another minute.
7. Add the cooked rice and stir-fry for 2 minutes. Add the chicken bouillon and salt and stir-fry for 20 seconds.
8. Add the eggs and stir-fry over a low flame for another 10 seconds until the ingredients are mixed well.

Huaiyang Fu Restaurant

198 Andingmenwai Road, Dongcheng
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